

City Reports



VOLUME XXIII No. 7

July 2012

PETE BUTTIGIEG, MAYOR

Dear Neighbor,

It is summertime in South Bend! As the sun shines and temperatures rise, I ask you to take the necessary precautions in order to prevent heat-related issues that can affect you and your family.

If you are spending time outdoors and not drinking enough fluids, you can be at risk for developing heat exhaustion. Those at greater risk for heat exhaustion include infants and young children, the elderly, and people with heart disease or high blood pressure.

Signs of heat exhaustion include heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea, and fainting. If heat exhaustion is not treated, it could lead to a heat stroke when the body cannot control its temperature. Seek medical treatment immediately if the symptoms are severe or the victim has heart problems or high blood pressure.

Cool-Down & Prevention Tips

- Move to the shade and preferably to an air-conditioned environment indoors.
 - Take a cool shower, bath, or sponge bath.
 - Wear lightweight, light-colored, loose-fitting clothing.
 - Drink more liquids, regardless of your activity level.
- Don't wait until you're thirsty to drink. If your doctor limits your fluid intake or you are on a diuretic medication, check with your doctor on how much you should drink in hot weather.
- Don't drink liquids that contain caffeine, alcohol, or large amounts of sugar—these will cause you to lose more body fluid.
 - Avoid very cold drinks—these could cause stomach cramps.
 - Limit your outdoor activity to the morning and evening hours.
 - Cut down on exercise. If you must exercise, drink 2 to 4 glasses of cool, nonalcoholic liquids each hour. A sports drink can replace the nutrients you lose when you sweat.
 - Protect yourself from the sun with a wide-brimmed hat, sunglasses, and wear sunscreen of SPF 15 or higher.

Please keep in mind that when the heat index exceeds 100 degrees in St. Joseph County, cooling centers will open for those in need. Contact the St. Joseph County Emergency Management at 235.9234 for additional information.

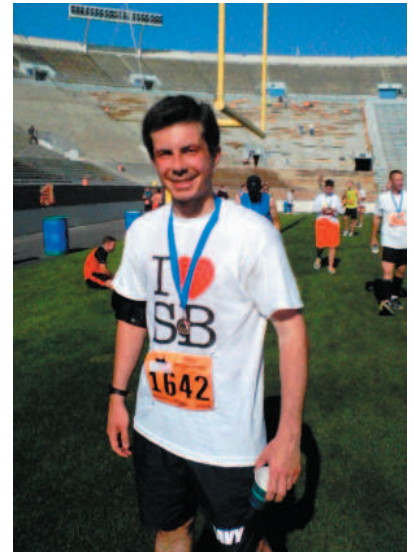
Remember that while it might look like a refreshing place to take a swim, the St. Joseph River can be dangerous. Swimming is prohibited except during permitted times. For more information, please contact South Bend's Parks and Recreation

Department at 299-4768.

The health and safety of our citizens is of utmost importance to our City administration. By using and sharing these safety tips, we can give ourselves and our families the greatest chance of staying safe this summer. If you have questions or concerns at any time, please call my office at 235.9261.

Sincerely,

Mayor Pete



Mayor Pete came in 199 out of 1304 runners in the Sun Burst Half Marathon! That's a little over 13 miles in 1:44. Nice footwork, Mayor!

First Fridays, July 6

Taste of Downtown, 5:00 – 9:00 p.m.

Celebrate Summer Restaurant Week, take in live music, and get a “taste” of the arts and local retail that promise to invigorate your senses.

Then & Now: A Downtown Architecture Walking Tour

First Fridays Friends Posts

Free TRANSPO Trolley Rides!

Outdoor Film Series: The Wizard of Oz

First Fridays KeyBank Concert Series, 5:30 - 8:30 p.m.

Oblates of Blues

for more details: dtsbfirstfridays.com/events.htm

Citywide Anniversaries

July 2012

40 Years—1972

Georgann Devolder Police Dept

30 Years—1982

Matthew Chlebowski Central Services

Al Miller Radio Communications

25 Years—1987

Rita Quinn Water Works

David Vandewielle Fire Dept

20 Years—1992

James Wolff Police Dept

Kenneth Ryan Police Dept

Daniel Moryl Police Dept

John Riddle Police Dept

James Cauffman Police Dept

Thomas Cameron Police Dept

Robert Brechtel Fire Dept

Steven Vandervort Fire Dept

Christopher Moffitt Park Dept

Julie Thompson Fire Dept

James Markle Building Dept

15 Years—1997

Scott Ambrose Fire Dept

Timothy Greenlee Fire Dept

10 Years—2002

Gary Pickens Wastewater

5 Years—2007

Brian Clark Fire Dept

Jim Koegler Central Services

Wisdom from a Founding Father

“When we view the blessings with which our country has been favored, those which we now enjoy, and the means which we possess of handing them down unimpaired to our latest posterity, our attention is irresistibly drawn to the source from whence they flow. Let us then, unite in offering our most grateful acknowledgments for these blessings to the Divine Author of All Good.”

James Monroe, 5th U.S. President

Monroe made this statement in his 2nd Annual Message to Congress, November 16, 1818.



Save Money and Have Better Health

If you have had to get any fillings in the last few years, you know how expensive that can be. These tips from Cigna, if followed, can save you money (fewer health problems and tooth decay). That seems like a win-win.

Jenny

What you eat may not only affect your general health – it may also affect the health of your mouth. One of the biggest dangers is tooth decay. It's caused by plaque (a sticky film of bacteria that naturally forms on your teeth) and the food you eat. Plaque feeds on sugar and starches found in your food. This forms an acid that attacks your tooth enamel, causing tooth decay.

Here are some tips to avoid tooth decay:

- Snack smart. If you need a snack, grab some fruit, vegetables or whole grains. Try to avoid hard candy, mints and sticky sweets that stay in your mouth for a long time. They may taste sweet, but they can cause tooth decay. And, after any snack, drink plenty of water to help wash away acid.
- Limit sugar and starch. Remember, sugary and starchy foods can lead to tooth decay, so try to limit them. Also, try nibbling on cheddar, Monterey Jack or Swiss cheese after you eat. It increases the amount of saliva in your mouth, which helps fight tooth decay.
- Protect your teeth. Don't chew on ice or popcorn kernels. Don't use your teeth as a tool.
- Don't smoke or use tobacco which can lead to gum disease or worse – oral cancer.

Brush, floss and be healthy.

- Use fluoride toothpaste. Brush your teeth at least twice a day – and always at bedtime. Replace your soft-bristled brush every three to four months or whenever it starts to look frayed.
- Floss daily. It's very important to add flossing to your routine because a toothbrush can't reach in between your teeth where tartar and plaque can form.
- Visit your dentist. Make regular trips to the dentist to help reduce tartar buildup. While you're there, ask your dentist if you're brushing and flossing the right way.

The hard truth about soft drinks

- One out of every four drinks consumed in America today is soda.
- People drink more soda than any other beverage, including milk, beer, coffee and water.
- Some sodas have as many as 11 teaspoons of sugar per serving

This document is provided by Cigna solely for informational purposes to promote consumer health. It does not constitute medical advice and is not intended to be a substitute for proper dental care provided by a dentist. Cigna assumes no responsibility for any circumstances arising out of the use, misuse, interpretation or application of any information supplied in this document. Always consult with your dentist for appropriate examinations, treatment, testing and care recommendations.

A Glimpse into the Canine Unit at SBPD

All who came to CSI to learn more about the K9 Unit left with a great respect for the officers and their canine partners. SBPD has nine K9s. One is trained just for narcotics, eight are on patrol searches for criminals, and some are cross trained to also sniff for drugs and bombs.

We were fascinated to learn the dogs come primarily from Europe where they are bred to be working dogs. Those in the United States are bred for show or as house pets so they aren't capable of handling the demands of the job. Police dogs must be courageous, but not vicious, a people dog that can turn on and off as needed. As we watched the different dogs with their handlers we could see how they carefully surveyed the crowd, went on alert when someone new came in the room, watched their handlers for commands, and were quick to respond and obey. The dogs are trained to work; they live to work. They don't like days off. When they are busy in pursuit of a suspect or sniffing to find drugs their senses are on such alert it is equivalent to running a marathon. These are stressful situations so they need to be able to quickly destress, which often means playing with a tennis ball.

The SBPD dogs have come from Germany, Poland, Hungary, Czechoslovakia, and the Netherlands. They have some training but have to be thoroughly trained by the officers. They receive twelve weeks of initial training and they get further training twice a month followed up by an evaluation. Our SBPD trains dogs for Mishawaka, Niles, Michigan City as well as other cities.

Many officers request to become a handler, but it is hard to get into the position. Handlers have charge of their canines 24 hours a day, seven days a week. They must have a higher level of fitness and be especially skilled in handling all the demands. They are the ones who pursue suspects down dark al-



leys and through the woods. When they run into a skunk or the dog gets too worked up and has an accident in the patrol car, our faithful officers are the ones to take care of all of that after a long, hard day.

The best temperature for the German shepherds is 30-50° - it is where they really perk up. Heat stroke is a real danger for them in hot weather.

The officers and their canines really analyze each other so they can tell by simple movements and even how they hold their heads—something that is needed when in difficult situations. When it is pitch black and there are a number of sirens, as well as people coming out of their houses asking what

is going on, the officer and his canine partner have to have a well established rapport.

We want to thank Lt. **Spadafora** and Lupo; Sgt. **Bryan Miller** and Boss; and Patrolman **Scott Ross** and Dex; Sgt. **Dan Demler** and Patrolman **Jeff Chamberlain** for giving us a glimpse into their fine work. Thank you for your service to our community. We will never know all that you have done for us but appreciate your willingness to serve, protect and risk your lives that our community can live in safety.

submitted by **Jenny Hullinger** (Econ. Dev.)



Employees' Corner

Community & Economic Development

We were very happy to welcome Scott Ford as our new director. Scott spent the last 10 years working professionally and studying in Washington, D.C., London, Miami, Rome, Pittsburgh, and Los Angeles in architecture and urban design.

Originally from Detroit, Scott studied Philosophy, Politics and Economics at the University of Notre Dame. In 2004, Ford earned an M.Phil in the United Kingdom, studied architecture at the graduate level at the University of Miami and holds a Master of Architecture degree from Notre Dame. Scott's educational and professional career has been focused on the life and health of cities and his interests lie at the intersection of design, planning, policy and development.



Engineering

Hannah Schrader, daughter of **Nancy and Nick Schrader** (Fire), and her dog Piper received the Best Group Costume award at the St. Joseph County 4-H dog costume contest.



Congratulations to Mara Paluszewski, daughter of **Pam Paluszewski**, on receiving the Evan J. Sears' scholarship. Mayor Buttigieg said, "I appreciate the opportunity to award Mara this scholarship as someone who embodies the character and spirit the award."



Her winning essay discussed the safety system the City implemented to protect employees and as a result the reduction in safety related incidents. Mara will be a junior in the fall at Purdue University in Industrial Engineering, and has interned in the Engineering Department for two summers.

Environmental Services

Congrats to **Jacob Klosinski**! On April 13, prospective engineering candidates gathered at the State Fairgrounds in Indianapolis to take the Principles and Practice of Engineering Examination. The 80 question, 8-hour long examination is administered twice per year by the National Council of Examiners for Engineering and Surveying and the Indiana Professional Licensing Agency. Each candidate must meet certain criteria to qualify to take



the examination which includes successful completion of an engineering degree at an accredited college or university, passing the Fundamentals of Engineering Examination (180 questions, 8-hours), and a minimum of four years of work experience with a licensed Professional Engineer. Jacob passed the Principles and Practice Examination for Civil Engineering and is now a Professional Engineer.

submitted by **Martha Randall**

Sunburst 2012

Congratulations to all those who participated in any way at the "SUNBURST 2012." Maybe next year we can triple this number! Keep up the good work, getting involved in City functions and setting a great example of what a "Healthy City" looks like!! Check out our Mayor Pete! WOW, now that's something to be proud of!

Mayor Pete – ½ marathon
Kim Thompson w/her son – 5K
Salud Garcia – 5K
Abbey Canfield – 10K
Ryan Greutman – Marathon (2nd Place!!)
Ashley Rzepka – 10K
Keith Crain – ½ marathon
Mara Paluszewski – ½ Marathon
 Volunteers: **Sue Kubiak, Martha Randall, Marcia & Dave Qualls, Phil & Betsy Custard, Janice Talboom, Mike Carey, Jennifer Corle** w/her daughter, **Nancy Schrader** w/her daughter, and a number of fire fighters in full gear.

submitted by **Martha Randall**



Ryan Greutman
26 miles in 2:36

Karen King said she and **Anita Beachy** were part 1,800 who participated in the 5K Fun Walk. We are sure many other City employees walked, as well. Looking at the Sunburst website (sunbursttraces.org) is most interesting. People came from all over the United States. The numbers recorded for finishing



the races are:
 Marathon-449,
 1/2 Marathon-1304, 10K-1075, 5K-2801.
 That's a lot of runners-5,629 who finished! What a great event.

Jenny Hullinger
 (Comm. & Econ. Dev.)

Welcome to our new Employees



Michael Mecham, Engineering; **Amanda Yasko**, Parks;
Seema Timble, Public Works; **Philip Mark**, Police; **Mark Pyclik**, Admin. & Finance (IT); **Heather Frost**, Police/Comm;
Michael Hutchinson, Equip Serv; **Kyle Shuppert**, Police/Comm; **Erik Williams**, Water Works

Adopt a Pet

Abby

Domestic Short Hair Mix, Medium, Young, Female

I am a playful, young female cat who will grow up into a wonderful, lifelong companion. I would love to grow up with you! Please come see me. You won't regret it! I am up to date on my vaccines and have tested negative for FeLV/FIV.

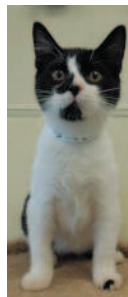


Boss

Domestic Short Hair, Medium, Baby, Male

A playful, young male kitten who will grow up into a wonderful, lifelong companion. Up to date on vaccines and has tested negative for FeLV/FIV.

There are lots of kittens looking for good homes. Go check them out!



Foods That Can Save Your Heart

Fresh Herbs, Black Beans, Salmon, Tuna, Extra Virgin Olive Oil, Walnuts, Almonds, Edamame, Tofu, Sweet Potatoes, Oranges, Swiss Chard, Carrots, Barley, Oats, Flaxseed, Low-Fat Yogurt, Red Wine and Resveratrol, Foods Fortified With Sterols, Coffee, Cayenne Chili Pepper, Kosher Salt, Cherries and Blueberries.

For all the benefits of each one and some tips on how best to use them or which not to get, check out WebMD.com

A Little Name Dropping...

Welcome

May 2012

Scott FordCommunity & Economic Development
Deloris Greer Police Communications
James Hassig..... Police Communications
Brandy Hernandez..... Police Communications
Philip MarkPolice Department
Josephine Merriweather.....Parks Department
Mark Pyclik I.T. Department (Administration & Finance)
Kyle Shuppert Police Communications
Seema Timble Public Works / Energy Office

Resignations

May 2012

Robert KlotaParks (6 years 3 mos)
Starla Lisek..... Police Communications (3 mos)
Cheryl Ruszkowski Police Communications (2 yrs 3 mos)
Gwendolyn Taylor Fire (2 yrs 6 mos)
David Tungate Water Works (14 yrs 9 mos)

South Bend Civic Theatre

7/1 Anna in the Tropics, 3pm

7/27-8/12 Into the Woods

More info, South Bend Civic Theatre, 234.1112

Unity Gardens

7/14 La Salle Square Luau, for more information contact Unity Gardens, 315-4361

NNN Garden Walk 2012

7/21, 9am For more information contact Near Northwest Neighborhood, 232.9182

2012 Kid's Triathlon

7/28 for boys and girls ages 5-14. Race begins at 8:00 a.m., Potawatomi Park Pool.

Entry fee: \$22 by July 18. Register Early! O'Brien Center, 321 E. Walter Street, 299-4765 Registration forms are available on-line at www.sbpark.org

Volunteers are needed. If interested, call 299-4778 for details.

Change of Pace

May 2012

Edward Herman..... Water Works from Network Engineer to Interim Director
Diana Scott.. Police Communications from Assistant Director – Communications Center to Director – Communications Center



For more information on the following events contact:

CENTURY CENTER	9711
COLLEGE FOOTBALL HALL OF FAME	5715
S.B.REGIONAL MUSEUM OF ART	9102
MORRIS PERFORMING ARTS CENTER.....	9190
PARKS/RECREATION DEPARTMENT.....	299-4765
NOTRE DAME	631-5031
ST. PATRICK'S COUNTY PARK	288-3472
NO. INDIANA CENTER FOR HISTORY.....	235-9664
ST. JOE COUNTY 4-H FAIRGROUNDS	291-4870

Century Center

- 7/1, 8, 15, 22, 29 New Deliverance Center Sunday Church Service
 7/9 Collected Stories by Donald Margulies, 7:30pm
 7/20-21 CFHF Enshrinement 11:00am to 7:30pm
 7/28 Northern Indiana Body building Championship, 11:00am

The Morris Performing Arts Center

- 7/13 Everyday People at Fridays by the Fountain (Country)
 7/18 Jeff Dunham "Controlled Chaos" (Comedy)
 7/27 Top Secret at Fridays by the Fountain (Classic Rock)
 8/02 Street Dreams Productions Presents "2Chainz" (Rap)
 8/10 "I Be Thinking" Tour featuring George Wallace (Comedy)
 8/10 Junior and the Igniters at Fridays by the Fountain (Blues)

East Race/ Seitz Park Concert Series

- 7/1 Terry & the Heartbeats, 4pm
 7/8 High Life Band, 4pm
 7/15 Elwood Splinters Blues Band, 4pm
 7/22 Fiddler's Hearth Celtic Concert
 Paddy's Racket, 1pm; Ken's Balloons, 1pm;
 Irish Dancing with Paddy's Racket, 2pm;
 Celi Dancing, 3pm;
 Recitals Irish Music, Students / Teachers with John Kennedy, 4:30pm;
 Kennedy's Kitchen, 5:30pm

East Race Waterway

Enjoy white water rafting in downtown, equipment is provided. Call 235.9372

St. Joseph County 4H Fair

6/29 - 7/7 SJ 4H Fairgrounds

City Reports Reporters

Department	Reporter	Phone#
Administration/Finance.....	Mary Ramsdell.....	9935
Attorney's Office.....	Pam Paluszewski.....	5865
Building Department.....	Nikki Durr.....	9554
Century Center.....	Priscilla Phillips.....	9081
City Clerk.....	Mary Beth Wisniewski.....	9222
Code Enforcement	Deborah Mobley	9325
Common Council	5978
Communications	Debra Johnson.....	5853
Comm and Econ Dev	Jenny Hullinger.....	5832
Engineering Department	Marcia Qualls.....	9251
Environmental Services	Mark Rzepnicki.....	277-8515
Central Services	Mary Wisniewski	9316
Fire Department	9255
Football Hall of Fame	David Saba	5717
Howard Pk Sr Citizens.....	Rose Kaufman.....	9428
Human Rights	Nancy O'Brien	9425
Mayor's Office	Shay Davis	5850
Morris Perf. Arts Center.....	Karen King.....	5584
Park Department	Paula Garis	299-4778
Police Department.....	Barb Holleman	9311
Potawatomi Zoo	Pat Fenters.....	9800
Street Department	Ashley Rzepka	7563
Studebaker Nat'l Museum	9714
Water Works.....	Laura Vance	5650
Water Works.....	Jodie Spradlin.....	5663

If you have anything you would like to put into the paper, either contact your reporter (above), or you can fax it (235-9171) or send a typed or neatly printed copy to **Marcia Qualls (Engineering) or Mary Beth Wisniewski (City Clerk)** Please do not send anything without a name and phone number in case we have questions.

Potawatomi Park Concert Series

- 7/29 Motown Dance Party featuring Billy "Stix" Nicks, 4pm
 7/1 Twin Cities Concert Band, 7pm
 7/8 Kellirae & Craig, 7pm
 7/15 Los Hermanos Bueno/St. Adalbert Folkloric Dance-Group Tierra Viva, 5pm
 7/22 Valleyaires, 7pm
 7/29 Sisters of the Nile, 7pm
 For more information please contact South Bend Parks and Recreation, 299.4765

Red Table Plaza Downtown

Southeast corner of Michigan and Jefferson. Grab lunch & enjoy free concerts, June 1 - August 31, 11:45 - 1:15pm.
www.dtsbRedTablePlaza.com

This paper is published as a service to the employees of the City of South Bend. It is a non-profit publication and any views presented are not necessarily those of the Mayor or any other City Official. Coordinators: Marcia Qualls and Mary Beth Wisniewski; Layout: Jenny Hullinger.